



**FREDERICK COUNTY GOVERNMENT  
DIVISION OF FIRE & RESCUE SERVICES  
5370 Public Safety Place  
Frederick, MD 21704**

## **Candidate Physical Ability Test (CPAT)**

### **RULES OF PARTICIPATION**

#### **To participate in your first mentoring session you must. . .**

1. Bring your photo driver's license.
2. Bring all forms – fully completed – that were provided to you at the CPAT orientation meeting.  
**Forms below are required:**
  - Doctor's Certification of Fitness to Perform Candidate Physical Ability Test
  - Legal Waiver Form (must be notarized)
  - CPAT Physical Ability Test Personal Information Sheet
  - CPAT Test Agreement Form
3. Bring your CPAT Preparation Guide
4. Wear appropriate clothing:
  - Long pants (no shorts allowed)
  - Athletic shoes
  - Appropriate shirts
5. Bring hydrating beverage for yourself (e.g. water, power drink, etc.). Water will also be provided on-site.
6. BE ON TIME!!!

#### **To participate in subsequent mentoring sessions . . .**

1. Bring your photo driver's license.
2. Wear appropriate clothing:
  - Long pants (no shorts allowed)
  - Athletic shoes
  - Appropriate shirts
3. Bring hydrating beverage for yourself (e.g. water, power drink, etc.). Water will also be provided on-site.
4. BE ON TIME!!!